



The Examiner

Naval Hospital, Twentynine Palms

"Serving with Pride and Professionalism"

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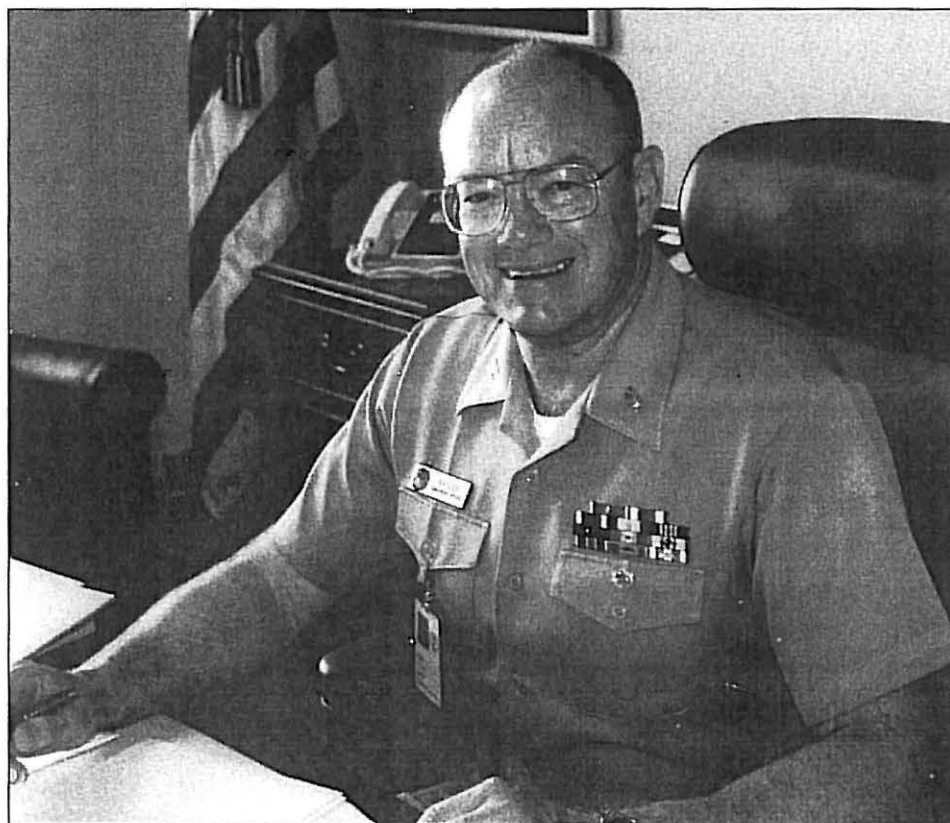
Introducing the hospital's new skipper

By Dan Barber, Public Affairs Officer
Naval Hospital Twentynine Palms

What is the command philosophy of Captain Robert S. Kayler, Commanding Officer, Naval Hospital Twentynine Palms? "Things work best for me when I follow what I call the 'Triple S Tonic of Life' and that's embodied in the words of Service, Selflessness and Sacrifice. This means that when we work with people we put the other person first. It allows us, in my estimation, to achieve success without climbing over other people... in other words, if one succeeds, then we all succeed."

'Things work best for me when I follow what I call the 'Triple S Tonic of Life' and that's embodied in the words of Service, Selflessness and Sacrifice.'

Captain Kayler also pointed out that it's his job as the commanding officer to work toward getting the proper support and tools so hospital staff members can properly do their jobs in delivering service to the patients and to perform our mission. Captain Kayler stated that he is going to be a proactive commanding officer. Staff members can expect to see him on a regular basis out in the departments to ensure that they have the proper



Captain Robert S. Kayler, MSC, USN
equipment and support they need to provide the best care possible to the patients.

The hospital's new skipper wants to see everyone here succeed in life, as he pointed out, "I see advancement as a duty of every officer, enlisted member and civilian employee. I expect people to be preparing themselves for advancement. The enlisted personnel who are eligible to take an exam should have all of their requirements com-

pleted, having studied and prepared and ready to take that examination. And it's a duty for the officer and civilian personnel to take the training and continuing education they need to advance in their fields." Captain Kayler also said, "I like for us to do everything from the standpoint of encouragement... encouraging people to think ahead 5, 10 or 15 years from now; what do they see themselves

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Hart of the Matter...

Readiness—Are we still missing the mark?

Over the past few years there has been a chorus of voices positing “readiness” as the *raison d’être* of military medicine. THCSRR, the manning guide for Navy Medicine is predicated on readiness. The DoD Medical Strategic Plan has readiness as its number one goal as does Navy Medicine’s strategic plan. This hospital has readiness as one of its foremost goals.

Even though I have talked about readiness in prior articles, I think its worth spending some additional time, given its central role to our existence. Do we have the target in good focus? Are we still missing the mark?

The Mark is this: Readiness is our contribution to the war fighter’s ability to win the battle. Everything else we do is secondary. There’s two components to what we can contribute. One proactive, one reactive.

Proactive. This is the component of our contribution to readiness that is the biggest bang for the buck. Preparing the Marine and

Sailor for battle.

1. Preventive medicine. Immunizations. Disease prevention. STD prevention. Health Promotion and Wellness. Healthy diet. Smoking cessation. Injury prevention. Personal and unit hygiene instruction.

2. Keeping the Marine and Sailor on the job—in training. Out of the hospital, out of the clinics and out of lab, x-ray, and pharmacy waiting lines. This is the point behind the Surgeon General’s push for medicine to the deckplates—if at all possible, bring medicine to the warfighter’s environment rather than the reverse.

Reactive. Casualty care. The battlefield of the future may prove more lethal and more dispersed than that of the past. Rapid theater air evacuation may be the casualty treatment of choice. Opportunity for front line definitive casualty care and subsequent return of the fighter to the fight may be less of a force multiplier than in times past.

So? What are you trying to tell us?

My point is this: We medical types must realize that it is our contribution before-the-fact that may matter most in winning the battle. We must do everything we can to help field the most capable, well trained and healthy fighter possible. After-the-fact casualty care is important, but perhaps no longer the most important aspect of what we do. The battlefield of the future may simply be too lethal and too swift to allow casualties to be returned to the battle.

Our own platform training and personal readiness is an important component of our readiness contribution. If however, we don’t place equal or greater emphasis on proactive preparation of the warfighter, we may miss the mark. Our contribution to readiness in these times of a reduced fighting force and multiple potential trouble spots is more important than ever before. As we think about ways to enhance our contribution to readiness, we should constantly challenge ourselves to think about how we can be more proactive. What more can we do to prepare the warfighter. Can we push medicine to the deckplates even further?

People of the Quarter...

Officer of the Quarter, LT Martha Henshaw, MSC, USNR, below.



Senior Sailor of the Quarter, HM2 Jeffrey Suba, left.



Junior Sailor of the Quarter, RP3 Kenneth Seymour, right.



Civilian of the Quarter, Mr. Eric Von Poppen, left.



Senior Civilian of the Quarter, Mrs. Barbara Stout, above.

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DAN BARBER

The *EXAMINER* welcomes your comments and suggestions concerning the newsletter. All comments should be forwarded to the Public Affairs Office by the 15th of each month. The Public Affairs Office telephone number is (619) 830-2362.

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The *EXAMINER* staff would like to thank all those who participated in this edition.

Healthy Families

*Lieutenant Samuel Ortega, Chaplain
Naval Hospital Twentynine Palms*

What is a family? Father, mother, son, daughter, and one pet? Well families are changing everyday.. Let me share some surprising information with you. From 1900-1960 approximately 9 percent of families were single parent; 1990:24 percent. The average number of children born to American women dropped from 3.7 to 2.0 since 1960. One of five couples face involuntary childlessness. In 1990, for the first time, the average American adult had more parents than children. 85 percent of non-family households are composed of just one person. In 1990 there were 2,856,00 unmarried couple households - a 600 percent increase from 1960.

If we don't make some changes that will strengthen and improve the quality of life for our families, the traditional American family structure will be practically gone.

In thirty years what will the new figures be? It's frightening to even think about it. If we don't make some changes that will strengthen and improve the quality of life for our families, the traditional American family structure will be practically gone. To some it doesn't matter. Personally, for me it does. I believe the Lord wants our parents and children to live a well balanced life. One that allows parents to pass unto their children core values and morals. Which means, being a good example for their children.

A few years ago I read an article, and I can't remember exactly where. But it said that on the average, fathers spend only 30 seconds with their children per day. Can you believe this? It takes me longer to brush my teeth!

Somehow we need to put families back together. How can we start today?

Here are a few ideas; The summer sea-

son is an excellent time to go on a week or two vacation with the whole family. It doesn't have to be expensive. You can go camping or go to a local community event that doesn't cost much. If you decide to stay home with the whole family, that is fine too. Having weekly family meetings is an excellent way to understand each other. Worshiping together will also enhance the family relationship.

My parents always made an effort to spend time with their children. We all attended church together. We went on vacations traveling to different areas of the United States. We shared our thoughts and feelings about the things we saw and experienced.

Not every family has the opportunity to spend a lot of time together. Being in the military indeed makes it difficult to do this. When we have the opportunity to be with the family we need to be determined to take advantage of it. God, family, and our careers, in this order, are important. If our relationship with God is healthy and strong, the relationship with the family will also be the same. By knowing that everything with God and

the family are doing great, we are able to work more efficiently at our jobs, and our children can learn better in school. They are all closely related together.

My prayer this month is that we sincerely commit our lives and time to our families. If your family has had or is having some problems, remember that God loves you, and He will assist you if you ask Him. He can help you pickup the pieces that are broken and strengthen you.

Thank you...



CAPT. E. Kozero reads a Letter of Appreciation for HM3 Suzanne Pickman upon her transfer from Naval Hospital 29 Palms.

Sign on the dotted line...



HMC Katrenia Murphy of Patient Admin, center, prepares to sign her reenlistment papers being presented by CDR Jean Brakebill as HM1 Patricia Pipichok, the hospital's Command Career Counselor looks on.

Can BOOST propel you to advancement?

HM3 Lagonn Selles, of Naval Hospital Twentynine Palms Laboratory has been selected for the Navy's Broadened Opportunity for Officer Selection and Training (BOOST) program.

This program prepares selected personnel from educationally deprived, financially disadvantaged or culturally differentiated backgrounds for entry into the Naval Academy, Naval Reserve Officer Training Corps (NROTC) Scholarship Program or NROTC Scholarship Program Nurse Corps Option. Selles will be pursuing the Nurse Corps Option.

Individuals like Petty Officer Selles who are selected for this program must be interested in pursuing a Navy career and have the potential to complete college-level work

Individuals like Petty Officer Selles who are selected for this program must be inter-



HM3 Lagonn Selles at his April reenlistment ceremony.

ested in pursuing a Navy career and have the potential to complete college-level work. Petty Officer Selles pointed out that several senior members of this command, which in-

cluded Captain Ragan, Captain Kozero, Lieutenant Commander Richardson, Lieutenant Kelly, HMCS Fernandez, HMC Duncan and others, identified those traits in him and either motivated, guided or recommended him for the program.

Petty Officer Selles, who has served on active duty now for three and a half years, has headed off for BOOST School in Newport, R.I., where for the next ten months he will receive preparatory training in math, science, English, computer science, campus skills and military training. Participants who have not graduated from high school may earn a diploma while in BOOST.

The deadline for application submission for BOOST is October 1 of each year. If you would like to follow Petty Officer Selles' example and apply for the program, then check out the requirements in OPNAV Notice 1500, or call the BOOST Program Coordinator at DSN 922-4944, toll free 1-800-628-7682, or commercial (904) 452-4944, or simply visit the hospital's Command Career Counselor's office for assistance.

VIP visitors...



During a recent visit to Naval Hospital Twentynine Palms, the Navy's Surgeon General Vice Admiral Harold M. Koenig, MC, USN took the time to tour the hospital facilities. One stop was the Emergency Medicine Department where he posed for a group shot with, from left to right, LCDR Curtis Mouwdy, CPL Reasoner, VADM Koenig, HN Michael Gomez, HM3 Jason School, LCDR Robert Satonkik, HN James Croft, LTJG Merced Hernandez and LCDR Kerry Childers.



BGEN R.G. Richard took the time on a recent visit to the Naval Hospital to visit a very young patient in the hospital's Nursery.



Vice Admiral Koenig, the Navy's Surgeon General took the time to administer the reenlistment oath to HM1 Salvador Fajota of the hospital's Pharmacy Department.

Water by any other name would still 'whet' your palate

By Elaine T. Grossman, M.S., R.D.
Naval Hospital Twentynine Palms

Physical fitness... the key to good health is often touted to be exercise. Here, aboard Marine Corps Air Ground Combat Center, physical fitness/readiness is an essential part of being prepared for whatever duty to which you are called. There is much discussion about nutrients, vitamins and minerals, carbohydrate loading, protein powders, etc. What is often not discussed is water. In fact, water is sometimes called "the forgotten nutrient" because its importance is often overlooked.

Water is absolutely essential for all body processed and is of particular concern to athletes during periods of strenuous exercise, especially in hot weather, i.e., Marines 'humping' in the desert. And after a good "exercise session," the scale can reflect a 2 to 6 pound weight loss.

The weight loss is water weight and concern for its replacement should not be ignored. Water lost through the skin is difficult to replace, and while the body is working to replace this loss, other body functions cannot be performed. Some of these functions may include:

- Control of body temperature to prevent overheating
- Ability of cells to get rid of wastes
- A decreased ability to use energy
- Impaired digestion and metabolism

Proper hydration is essential for optimum performance as well as optimum functioning of all body systems.

It is extremely important to ingest fluids to minimize the risk of heat illnesses. While someone might be reminding you to drink water while in the field, when you are working out at the gym this good sense is often lost. Your increased pulse rate may not be an indication that a goal has been obtained, but rather that you are experiencing some of the effects of dehydration together with fatigue, deterioration in performance, and an increase in body temperature. If dehydration is severe enough, circulatory collapse can occur... regardless of the person's condition.

Now comes the question of what to drink. If the drink has too much sugar in it, it is absorbed much slower and it does not count as a fluid replacement. A strong sugar solution can actually dehydrate the exerciser by draw-

ing water from the body into the stomach to dilute the sugar.

Plain water is one of the best fluids to drink. Bottled waters have varying sodium contents, so look at the bottle, look at your circumstance, look at your activity level, etc., to determine if you have chosen the correct water for your individual needs.

Exercising causes sodium loss along with the water loss, and this can be as high as 400 mg in hot weather... (Did someone say "hot?"). Large amounts of low sodium water consumed after an exercise session can cause a condition called "water intoxication." This is an electrolyte imbalance within the cells. This over hydration can cause cramps, decreased blood pressure (hypotension), and weakness.

To protect against water intoxication does not mean that one need buy a salt lick or take salt tablets. Excessive amounts of salt in-

crease the load on the kidneys, and without adequate fluid intake, a state of dehydration can be further aggravated. To make matters worse, excessive sodium intake leads to potassium depletion which can lead to muscle cramps.

At least two hours before engaging in heavy exercise, the body should be well hydrated. Small amount of water (3 to 7 ounces) at 10 to 15 minute intervals are better than copious amounts of water just before exercising. During exercise, cool water of 45 to 55 degrees should be consumed. At this temperature the water is more rapidly absorbed from the stomach into the areas needing rehydration.

As long as sodium is not a consideration in your dietary pattern, a sprinkle of a little extra salt on food or a mineral water with a moderate sodium content would be a good choice for fulfilling the body's sodium needs.

Navy Achievement...



HM3 Charles Hall of Manpower, above left, HM3 Ricardo Romero, above right, of the Maternal Infant Ward, LT Velda Steward, hospital Comptroller, below right, HMC Steven Pearce of Biomedical Repair, below left, receive Navy Achievement Medals from Captain C.S. Chitwood at a recent ceremonies on the Quarterdeck of Naval Hospital Twentynine Palms.



Hospital's new skipper...

Continued from page 1.

doing and what will it take for them to get there? And to ask themselves, when they are dealing with people, is what I am doing encouraging and uplifting the other person? Is what I am saying providing some motivation or encouragement to excel?"

When asked if duty at Naval Hospital Twentynine Palms is a career-enhancing assignment for staff members, Captain Kayler responded, "The career enhancing duty assignment is the job the people are in at the time. Each assignment is fulfilling if everyone takes on the initiative and the duty to prepare for advancement. The career-enhancing job is the one the individual is in at the time if they use their own mind and innovative ideas to make the job more meaningful and to make their job more significant to the mission of the command."

How does Captain Kayler see the role of hospital staff members in the command? He pointed out that no one can achieve a mission singularly, he stated, "We have about 510 staff members, which include officers, enlisted, civilian employees and contractors here at the hospital, therefore, we have 510 housekeepers, we have 510 security officers, and we have 510 safety officers... it's everybody's job to see that this command is a clean, secure and safe hospital. It is an all-hands commitment and an all-hands requirement. He also pointed out that "As a commitment to Total Quality Leadership, everyone in the Navy has the potential to be a leader from E-1 through O-10."

Captain Kayler has made it clear that he fully supports the Navy's policies on sexual harassment, equal opportunity and fraternization. "When someone's rights are violated or they are harassed or given preferential treatment through fraternization, it is counter to my policy of encouragement and it just absolutely destroys the working relationship and teamwork in a department and it can destroy the fabric of a command. Anything such as harassment or prejudicial treatment that interferes with a person's feeling of self-worth, or that they are not appreciated, or it interferes with their professional and personal growth, is absolutely forbidden. There just isn't any room for that kind of behavior in today's Navy."

Keeping pace with the advancements in technology is also very important to Cap-

tain Kayler, "One of the objectives, for example, is to move information and not people whenever possible. I will support any technological advances that we can put to our advantage to help us to take care of our patients."

Captain Kayler emphasized that he wants everyone to use encouragement when dealing with people, use the Triple S Tonic for Life, and to view personal advancement as a duty.

When not busy commanding a hospital the captain enjoys golf, and he and his wife Janice enjoy traveling and share family activities with their children, who all live in California. Captain and Mrs. Kayler also relax by painting in water colors and look forward to participating in the local arts activities in the community.

New 'crows' and something to crow about...



The hospital's newest Petty Officers were frocked in a special ceremony at the Hospital Corps' Birthday Ball held recently at the Combat Center's Combined Dining Facility.

Goodbye LT John...



LT Melvern John gets a Navy Achievement Medal for her outstanding work while assigned to Naval Hospital 29 Palms.

More awards...



HM2 Romulo Quinto receives a Navy Achievement Medal.



HM3 Miranda Kelly of Physical Therapy receives a CG Letter of Commendation, as CDR Steven Robinson looks on.

Letters...

A desire to serve

Dear Captain Chitwood,

We have heard recently that you will be retiring shortly. As patients for over ten years we have witnessed the rapid improvements accomplished during your tenure. The new hospital and your staff have made remarkable changes, and with it all, we sense a sincere desire to serve, among all of the personnel we have contact with. The laboratory, the pharmacy, and the various clinics, have consistently demonstrated a high level of professionalism.

In the family clinic we have had the good fortune to have LCDR Cary Ostergaard as our provider. This young officer has treated both of us with respect, concern and guidance. May I ask you to extend our sincere appreciation for his professional, yet gentle office manner. My wife and I are World War II veterans, in our seventies, with many of the usual geriatric problems. We recognize the primary purpose of your facility, yet feel fortunate that we have all of these resources available to us.

Enclosed is our check for the Navy Relief Fund. May you enjoy good health and success in your retirement.

Sincerely,

Frank B. Coffey

Ensigns true heros

Dear Major General Palm,

The purpose of this letter is to extend my utmost and deepest gratitude to two personnel of your command for the quick thinking and heroic response they rendered during an emergency medical situation involving my 17-month-old son Aaron. They are Ensigns Larry and Marci Labossier of the Naval Hos-

pital.

On June 11, 1996, while visiting my parent's home in 29 Palms, Aaron, for an unknown reason at that time, slipped into a seizure -- eyes rolling, shaking, etc. and then going limp. As far as my folks and I knew my baby was dying and all we could do, because of our ignorance with such a medical emergency, was call 911 and hope help would arrive in time. As confusion, frustration and panic set in -- we knew time was of the essence but we could do virtually nothing -- my father, recalling two medical personnel who lived up the street, raced to their home for assistance. Mere seconds later, even before my father's return, the two Navy personnel had bolted through the front door and were all over my baby as they feverishly, without any medical equipment, administered emergency medical assistance. As they worked diligently in their efforts to bring Aaron from his limp state, they continuously comforted us through words of encouragement. When the paramedics did arrive, the two Ensigns, having already revived my baby, remained and assisted the medics with other medical treatment/tests involving the use of medical equipment. They remained near by, bring comfort to us through their presence, until Aaron was in the ambulance and on the way to the Desert Hospital in Palm Springs.

After being seen and released by the hospital shortly thereafter, and after having been informed the seizure was brought on by a high fever caused by an ear infection, I truly believe, after seeing what Aaron's tiny little body was going through at the time of the

seizure, he would have surely died had it not been for the prompt and concise efforts of the Labossiers. Their reactions were well above anything I've ever seen and they will truly be remembered by this family.

Please extend to them my warmest regards for their prompt, professional and courteous actions. They are truly heros.

Respectfully,

Barbara L. Waggoner

Thanks for the support

Dear Captain Chitwood,

I wish to extend my heartfelt appreciation for the support extended to Navy Reserve Fleet Hospital while supporting Combined Arms Exercise (CAX) 7-8 during 18-30 June 1996 at Camp Wilson, 29 Palms, California.

While providing echelon three medical care to deployed Marine Corps units, our hospital experienced many supply and clinical support needs. Your highly dedicated and professional staff unfailingly met these requirements for us and allowed our personnel to successfully treat over 150 outpatient and 30 inpatient Marines and Sailors. This forward health care permitted prompt return to duty and close unit contact resulting in fewer lost man hours and increase unit efficiency.

The high motivation to patient care and support of Navy and Marine Corps operations shown by your command was largely responsible for the successful accomplishment of our mission.

CAPT J.D. Bartlett, MC, USNR

Reup, and Play Ball!...



HM3 Joseph Blackwell of the Biomedical Equipment Repair Division, reenlisted at the Navy Hospital Corps Birthday picnic, just prior to the ball game. Captain C.S. Chitwood officiated at the ceremony.

Letter policy

Letters will be published on a first come, first served basis. They should be typewritten, with the writer's full name. Letters should be brief to allow maximum participation by others. Letter writers should refrain from making personal attacks. Letters addressing specific problems pertaining to patient care can also be addressed to the Patient Contact Representative or other appropriate hospital staff member for action. Deadline for submission is the 15th of each month for the following month's issue.

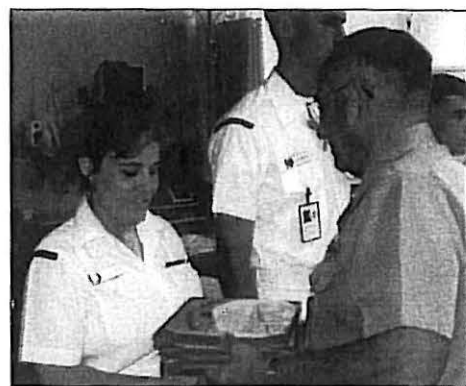
Naval Hospital Hard Chargers...



LCDR Robert Satonik receives a Navy Achievement Medal for recently saving the life of a young Marine.



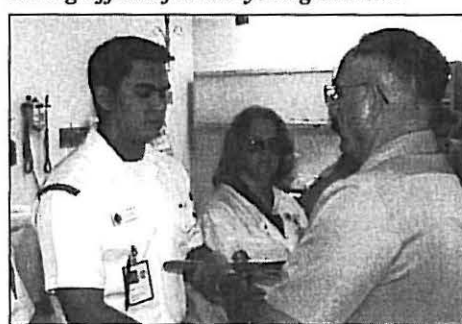
LCDR Kerry Childers also receives a Navy Achievement Medal for his life saving efforts for the young Marine.



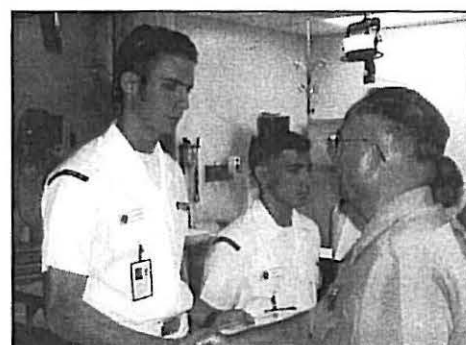
HM3 Dianne Davis, as part of the Emergency Medicine Department's life saving efforts for a young Marine in a life threatening situation, receives a CG Certificate of Commendation.



HN James Croft also receives a CG Certificate of Commendation.



HM3 Jason School receives a CG Certificate of Commendation.



HM3 Theodore Bachmeier receives a CG Certificate of Commendation.



Ms. Leslie Braun receives a CG Certificate of Commendation.



Ms. Tammy Nye receives a Letter of Appreciation.



HM3 Jennifer Hagen receives a Letter of Appreciation.



HMC Katrina Murphy receives a Letter of Appreciation.



HM3 Joseph Blackwell receives a CG Certificate of Commendation.